

Schedule online Asia/ Pacific - Earth retreat June 2023

This schedule is for Asian/ Pacific time zones (Vietnam, Bangkok time UTC +7)										
CEST UTC +2	Vietnam UTC +7	China UTC + 8	Australia UTC +10	Saturday 17	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22 LH	
Paris time	Bangkok	China	Sydney			LAZY DAY				
	6:00 AM	7:00 AM	9:00 AM	Guided sitting meditation	Guided sitting meditation	lazy morning	Guided sitting meditation	Lazy morning/optional sitting	Guided sitting meditation	
	7:00 AM	8:00 AM	10:00 AM	<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>		<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>	
	7:30 AM	8:30 AM		<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	
4:30 AM	9:30 AM	10:30 AM	12:30 PM		Silent sitting meditation and reading	ONLINE TEAM Workshops	Silent sitting meditation and reading	multi-traditional Solstice celebration	ONLINE TEAM Workshops	
	12:00 PM	1:00 PM		<i>lunch offline</i>						
	1:30 PM	2:30 PM	4:30 PM	Total relaxation	Total relaxation		Total relaxation	Total relaxation		
9:30 AM	2:30 PM	3:30 PM	5:30 PM	Dharma Talk	Dharma Talk	rest	Panel sharing from PV	Q&A	Dharma Talk	
	5:00 PM	6:00 PM		<i>Walking meditation offline</i>						
	6:00 PM	7:00 PM		<i>dinner offline</i>						
		7:30 PM		<i>Chinese speaking Dharma sharing</i>					<i>Chinese speaking Dharma sharing</i>	
			8:00 PM	<i>Dharma sharing for Australia</i>					<i>Dharma sharing for Australia</i>	
3:00PM - 4:30 PM	8:00 PM - 9:30 PM	9:00 PM	11:00 PM	Dharma sharing*	Dharma sharing*	ONLINE TEAM Panel sharing	9:00 PM Dharma Talk	Dharma sharing*	8:30 PM 5 MT Transmission online, then short Dharma sharing	
6:00 PM	11:00 PM	12:00 PM		<i>Affinity groups</i>		<i>Open tea table</i>	<i>Affinity groups</i>	<i>Open tea table</i>		
<p><i>* Depending on the demand and availability of facilitators, the time for Dharma sharings for Chinese speaking group and for people from Australia/ Pacific will be different, so that it is more convenient. Dharma sharing for Australians will be at 8.00 pm Sydney time. The Chinese speaking Dharma sharing might be at 7.30 pm China time (UTC +8) (to be confirmed).</i></p> <p style="text-align: center;">Please note: This schedule might be subject to changes.</p>										